

Claims

1. through 5. [Canceled]

6. [New] A hand exercising apparatus allowing full range of motion being completely a system of integrated parts comprising a tubular, hollowed, corrugated, elastic spring tensioned material shaped in the form of a hand.

7. [New] A method of purpose for providing the hand shaped spring tensioned apparatus to be inserted within a standard glove allowing multiple varied resistance levels directly correlated with strength needed cause movement.

8. [New] A method of construction where each elastic digit insertion has multiple degrees of flexibility directly related to diameter, circumference, and thickness of each hollow, tubular formulation parts of inner glove.

9. [New] A method allowing a hand to easily slip into spring tensioned, hollow, corrugated, duplicated hand shaped materials regulated to offer a varying degree of resistance for each moving part of apparatus.

10. [New] A method allowing special variation apparatus models fitted with individual flexible, hollow, spring knuckle round sheaths built-in over and around each knuckle with multiple variation tensions of fabric of glove shaped apparatus resulting in allow of less or more resistance for user.

Application # 10/656/095